# **MAY**

Meals subject to change

### **HUNTINGTON SENIOR NUTRITION CENTER**

423 Park Avenue, Huntington ~ Lunch Served • Noon - 1:15 pm \$3 Suggested Voluntary Anonymous Contribution Please Note: There is always an optional alternate meal.

#### **TUESDAY WEDNESDAY MONDAY**

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Happy Mothers Day	ASIAN AMERICAN & PACIFIC ISLANDER HERITAGE MONTH	All classes and events are open to Town of Huntington Residents with Membership Cards. Get your membership card in the Senior Center's Front Office.
5 Manicotti w/ meat sauce	6 Roast Pork Dijonnaise	7 Beef Stew
BLOOD DRIVE IN GYM Birthdays of the Month Special Dessert 10:00 Arthritis Exercise (213) 10:00 Informal Canasta 11:00 Pool Sharks 12:30 Card Playing/ Instructional Chinese Mahjong 1:30 Next Steps Support Group for those who have lost a spouse 2:00-3:30 Guitar lessons with Brent and Rick: Bring Your Guitar	9:30 Fitness Training 10:00 Pool Sharks 10:45 Tai Chi 3 11:35 Tai Chi 1 & 2 12:30 Music with Alex 12:30 Canasta - Hand, Knee, Foot Instruction 2:00 Social Dance 2:15 Caregiver Yoga	9:45 Gentle Bends 10:00 Knitting and Crocheting 10:00 Pool Sharks 11:00 Exercise for Energy 11:00 - 1:00 Shed the Meds 1:30 Bingo 1:30 Initial Spousal Loss Support Group 1:30 April Showers Bring May Flowers: Gardening/weather presentation with NEWS 12 Meteorologist, Alex Calamia
12 Lasagna Rollups	13 Roast Pork	14 Sloppy Joes
10:00 Arthritis Exercise 10:00 Informal Canasta 11:00 Pool Sharks 12:30 Card Playing/ Instructional Chinese Mahjong 1:30 Road Now Traveled Support Grp 2:00-3:30 Guitar lessons with Brent and Rick: Bring Your Guitar	9:30 Fitness Training 10:00 Pool Sharks 10:45 Tai Chi 3 11:35 Tai Chi 1 & 2 12:30 Music with Janice Buckner 12:30 Canasta - Hand, Knee, Foot Instruction 2:00 Social Dance 2:15 Caregiver Yoga	9:30 Board of Director's Meeting 9:45 Gentle Bends 10:00 Knitting and Crocheting 10:00 Pool Sharks 11:00 Exercise for Energy 1:30 Bingo 1:30 Initial Spousal Loss Support Group
19 Stuffed Cabbage	20 Pork Milanese	21 Meat Loaf
10:00 Arthritis Exercise 10:00 Informal Canasta 11:00 Pool Sharks 12:30 Card Playing/ Instructional Chinese Mahjong 1:30 Next Steps Support Group for those who have lost a spouse 2:00 Zumba 2:00-3:30 Guitar lessons with Brent and Rick:	9:30 Fitness Training 10:00 Pool Sharks 10:45 Tai Chi 3 11:35 Tai Chi 1 & 2 12:30 Canasta - Hand, Knee, Foot Instruction 1:30 Financial and Elder Law Planning Services 2:00 Social Dance 2:15 Caregiver Yoga	8:30-1:30 Suffolk County Office for the Aging: Senior Advocate Appointments 9:45 Gentle Bends 10:00 Knitting and Crocheting 10:00 Pool Sharks 1:30 Presentation: Diabetes & You by Exce 1:30 Bingo 1:30 Initial Spousal Loss Support Group
26 CLOSED	27 BBQ Roast Pork	28 Swedish Meatballs
Remember and Honor  MEMORIAL  DAY	10:00 Pool Sharks 10:45 Tai Chi 3 11:35 Tai Chi 1 & 2 12:30 Piano Music with Remy 12:30 Canasta - Hand, Knee, Foot Instruction 2:00 Social Dance 2:15 Caregiver Yoga	9:45 Gentle Bends 10:00 Knitting and Crocheting 10:00 Pool Sharks 11:00 Exercise for Energy 1:30 Presentation: Acupuncture & You Dr. Victoria Liotta 1:30 Bingo 1:30 Initial Spousal Loss Support Group

- The Older Americans Act of 2006, encourages a suggested voluntary anonymous contribution equal to the actual cost of the service for participants with self-declared incomes at or above 185% of the federal poverty level. For 2025, 185% of the federal poverty level is \$28,952.50 for a household of one, and \$39,127.50 for a household of two.
- The Nutrition Center is sponsored by the Town of Huntington with funding provided by the U.S. Administration for Community Living through New York State Office for the Aging and Suffolk County Office for the Aging.

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THURSDAY	FRIDAY	Events
1 Roast Turkey	2 Shrimp Scampi	May Day Party with DI Chy
10:00 Fitness Exercise I 10:00 Instructional Mahjong & Free Play	10:00 Cardio Drumming 10:30 Caregiver Support Group	May Day Party with DJ Chu Friday, May 2 • 12:30 pm
11:00 Pool Sharks 11:05 Fitness Exercise II 1:00 Duplicate Bridge	10:30 Pool Tournament 11:05 Chair Yoga 12:30 May Day Party with DJ Chuck 1:00 Intermediate Bridge 1:30 Poetry Out Loud	Guitar Lessons with Brent and Rick Mondays • 2:00-3:30 pm  Must bring your own guitar
10:00 Fitness Exercise I 10:00 Instructional Mahjong & Free Play 11:00 Pool Sharks 11:00-1:00 Blood Pressure Screenings with Janet 11:05 Fitness Exercise II 1:00 Duplicate Bridge	9 Krab Cakes  Mother's Day Special Dessert  10:00 TheraBand and Balance 10:30 Pool Tournament 11:05 Chair Yoga 12:30 Music performance by Woodhull School Students	April Showers Bring May Flowers: Gardening/Weath Presentation with NEWS 12 Meteorologist, Alex Calami Wednesday, May 7 • 1:30 pr
1.00 Duplicate Bridge	1:00 Intermediate Bridge 1:30 Laugh Out Loud	Music Performance by Woodhull School Students Friday, May 9 • 12:30-1:30 p

#### 15 Chicken Parmesan 16 Salmon

Fitness Exercise I	9:30 - 4:15 AARP Smart Driving
Instructional Mahjong & Free Play	10:00 Cardio Drumming

10:30 Veteran's Support Group 10:30 Caregiver Support Group 11:00 Pool Sharks 10:30 Pool Tournament

11:05 Chair Yoga 11:05 Fitness Exercise II 11:30 Wonderful Piano Songs of Yesteryear 1:00 Intermediate Bridge

with Angela 1:00 Operation Hope • Commodity Supplemental Food Program Distribution 1:00 Duplicate Bridge

1:30 Poetry Out Loud **AARP** 

# **Driver Safety**

### 22 BBQ Chicken 23 Potato Crusted Cod

10:00 Fitness Exercise I 10:00 Instructional Mahjong & Free Play

11:00 Pool Sharks

11:05 Fitness Exercise II

10:00

10:00

11:00-2:00 Memorial Day Recognition with Color Guard, Guest Speaker, and DJ Bob

10:00 TheraBand and Balance 10:30 Pool Tournament

11:00-1:00 Blood Pressure Screenings with Janet

120 80

silver

11:05 Chair Yoga

1:00 Intermediate Bridge

1:30 Asian American & Pacific **Islander Heritage Month Movie: The Farewell** 

#### 1:30 Laugh Out Loud

#### 29 Roast Turkey **30 Shrimp Scampi**

10:00 Fitness Exercise I

10:00 Instructional Mahjong & Free Play

11:00 Pool Sharks

11:05 Fitness Exercise II

1:00 Duplicate Bridge

1:30 Asian American & Pacific Islander **Heritage Month:** Asian Paper Cutting Craft

10:00 Cardio Drumming

10:30 Caregiver Support Group

10:30 Pool Tournament

11:05 Chair Yoga

12:30 Silver Chords Performance

1:00 Intermediate Bridge

1:30 Poetry Out Loud

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> **Music with Janice Buckner** Tuesday, May 13 • 12:30-1:30 pm

## **Diabetes and You Presentation By Excel**

Wednesday, May 21 • 1:30 pm

**Memorial Day Recognition** Thursday, May 22 11:00 am-2:00 pm Color Guard Speaker: Hon. W. Gerard Asher US Army Captain/Korean War

DJ Bob Cakes donated by:

Brandywine Senior Living

**Acupuncture and You** Dr. Victoria Liotta Wednesday, May 28 • 1:30 pm

**Asian American & Pacific Islander** Heritage Month

**Movie: The Farewell** Friday, May 23 • 1:30 pm

**Asian Paper Cutting Craft** With Jane and Karen

Thursday, May 29 • 1:30 pm

**Silver Chords Performance** Friday, May 30 • 12:30 pm